

**HUBUNGAN STATUS GIZI DENGAN KADAR HEMOGLOBIN (HB)
PADA SISWI SMP DI WILAYAH KERJA PUSKESMAS
PURWOKERTO TIMUR 2**

ABSTRAK

Latar Belakang: Anemia merupakan kondisi jumlah sel darah merah atau hemoglobin kurang dari normal. Kurangnya kadar hemoglobin dapat dipengaruhi oleh status gizi. Status gizi yang buruk dapat menyebabkan berkurangnya kadar hemoglobin hingga terjadi anemia.

Tujuan: Mengidentifikasi hubungan status gizi dengan kadar hemoglobin (Hb) pada Siswi Putri SMP di Puskesmas Purwokerto Timur 2.

Metodologi: Penelitian analitik observasional dengan pendekatan *cross sectional*. Sampel pada penelitian ini sebanyak 278 siswi kelas VII SMP yang diambil dengan metode *total sampling*. Data yang diambil berupa nilai kadar hemoglobin dan nilai status gizi yang ditentukan oleh Indeks Massa Tubuh, kedua data tersebut tercatat dalam rekam medis.

Hasil: Terdapat hasil median 18.13 untuk status gizi dengan nilai minimum 10.84 dan nilai maximum 41.20. Sedangkan hasil median untuk kadar hemoglobin 11.20 dengan nilai minimum 4.70 dan nilai maximum 18.10. Jumlah Indeks Massa Tubuh *underweight* mayoritas memiliki nilai (53.2%), sedangkan untuk anemia mayoritas masuk dalam anemia sedang (36.7%).

Kesimpulan: Tidak ada hubungan antara status gizi dengan kadar hemoglobin pada siswi SMP di wilayah kerja Puskesmas Purwokerto Timur 2.

Kata Kunci: Status gizi, Kadar hemoglobin, Anemia

**THE CORRELATION BETWEEN NUTRITIONAL STATUS AND
HEMOGLOBIN (HB) LEVELS IN JUNIOR HIGH SCHOOL
STUDENTS IN THE WORKING AREA OF PURWOKERTO TIMUR 2
HEALTH CENTER**

ABSTRACT

Background: Anemia is a condition where the number of red blood cells or hemoglobin is less than normal. Lack of hemoglobin can be affected by nutritional status. Poor nutritional status can lead to reduced hemoglobin levels resulting in anemia.

Objective: To identify the relationship between nutritional status and hemoglobin (Hb) levels in junior high school adolescent girls at Purwokerto Timur 2 Health Center.

Methodology: Observational analytic research with a cross sectional approach. The sample in this study was 278 seventh grade junior high school students who were taken by total sampling method. Data taken in the form of hemoglobin levels and nutritional status values determined by Body Mass Index, both data recorded in medical records.

Results: There is a median result of 18.13 for nutritional status with a minimum value of 10.84 and a maximum value of 41.20. While the median results for hemoglobin levels were 11.20 with a minimum value of 4.70 and a maximum value of 18.10. The number of Body Mass Index underweight majority had a value (53.2%), while for anemia the majority were in moderate anemia (36.7%).

Conclusion: There is no relationship between nutritional status and hemoglobin levels in junior high school students in the working area of Puskesmas Purwokerto Timur 2.

Keywords: Nutrition status, Hemoglobin level, Anemia